

Creating Confident Caregivers

A special program for family members caring for a loved one at home with Memory Loss or dementia.



Testimonials

"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."

Family Caregiver

What's In It For You?

Learn about -

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to make everyday activities easier
- Taking care of yourself to better care for your loved one

Provided by:



The Area Agency on Aging/UPCAP
&

The Alzheimer's Association-
Greater Michigan Chapter

About the program

Creating Confident Caregivers is an evidence based university tested program for family members caring for a loved at home experiencing memory loss or dementia. Two hour sessions are held once a week for six weeks. There is no charge to participants for the workshop or materials, and respite care may be available for caregivers while they attend the workshop. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Free Respite Care

Care for your family member with memory loss may be available through participating agencies while you attend the sessions.

Ask for details when you register.

Classes Offered

Attend FREE!

Day: Monday's
Dates: February 10 – March 16, 2020
Time: 10:00 a.m. – 12:00 p.m.
Location: Dickinson Iron Community Services Agency (DICA)
Address: 1238 Carpenter Ave.
Iron Mountain, MI 49801

To register contact:

Dial 2-1-1 or visit us on the web at

www.upcap.org

This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, (#90AI0022) and the Michigan Office of Services to the Aging.